

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 03054, Babyfood, dinner, vegetables and beef, junior

Report Date: October 26, 2015 22:27 EDT

Nutrient values and weights are for edible portion.

## Food Group : Baby Foods

| Nutrient                          | Unit | 1 Value<br>Per100 g | Data points | Std. Error | 1 cup<br>256g | 1 tbsp<br>16g | 1 oz<br>28.35g | 1 jar<br>170g | 1 jar Beech-Nut<br>Stage 3 (6 oz)<br>170g | 1 jar Gerber<br>Third Foods (6<br>oz)<br>170g | 1 jar Heinz<br>Junior-3 (6 oz)<br>170g |
|-----------------------------------|------|---------------------|-------------|------------|---------------|---------------|----------------|---------------|---|---|--|
| <b>Proximates</b>                 |      |                     |             |            |               |               |                |               |   |   |  |
| Water <sup>1</sup>                | g    | 84.94               | 3           | 0.539      | 217.45        | 13.59         | 24.08          | 144.40        | 144.40                                    | 144.40  | 144.40                                 |
| Energy                            | kcal | 77                  | --          | --         | 197           | 12            | 22             | 131           | 131                                       | 131   | 131                                    |
| Energy                            | kJ   | 321                 | --          | --         | 822           | 51            | 91             | 546           | 546                                       | 546   | 546                                    |
| Protein <sup>1</sup>              | g    | 2.21                | 3           | 0.335      | 5.66          | 0.35          | 0.63           | 3.76          | 3.76                                      | 3.76  | 3.76                                   |
| Total lipid (fat) <sup>1</sup>    | g    | 3.60                | 3           | 1.383      | 9.22          | 0.58          | 1.02           | 6.12          | 6.12                                      | 6.12  | 6.12                                   |
| Ash <sup>1</sup>                  | g    | 0.41                | 3           | 0.038      | 1.05          | 0.07          | 0.12           | 0.70          | 0.70                                      | 0.70  | 0.70                                   |
| Carbohydrate, by difference       | g    | 8.84                | --          | --         | 22.63         | 1.41          | 2.51           | 15.03         | 15.03                                     | 15.03   | 15.03                                  |
| Fiber, total dietary <sup>1</sup> | g    | 1.3                 | 2           | --         | 3.3           | 0.2           | 0.4            | 2.2           | 2.2                                       | 2.2   | 2.2                                    |
| Sugars, total <sup>1</sup>        | g    | 2.34                | 2           | --         | 5.99          | 0.37          | 0.66           | 3.98          | 3.98                                      | 3.98  | 3.98                                   |
| Sucrose <sup>1</sup>              | g    | 1.01                | 2           | --         | 2.59          | 0.16          | 0.29           | 1.72          | 1.72                                      | 1.72  | 1.72                                   |
| Glucose (dextrose) <sup>1</sup>   | g    | 0.63                | 2           | --         | 1.61          | 0.10          | 0.18           | 1.07          | 1.07                                      | 1.07  | 1.07                                   |
| Fructose <sup>1</sup>             | g    | 0.58                | 2           | --         | 1.48          | 0.09          | 0.16           | 0.99          | 0.99                                      | 0.99  | 0.99                                   |
| Lactose <sup>1</sup>              | g    | 0.00                | 2           | --         | 0.00          | 0.00          | 0.00           | 0.00          | 0.00                                      | 0.00  | 0.00                                   |
| Maltose <sup>1</sup>              | g    | 0.12                | 2           | --         | 0.31          | 0.02          | 0.03           | 0.20          | 0.20                                      | 0.20  | 0.20                                   |
| Galactose <sup>1</sup>            | g    | 0.00                | 2           | --         | 0.00          | 0.00          | 0.00           | 0.00          | 0.00                                      | 0.00  | 0.00                                   |
| <b>Minerals</b>                   |      |                     |             |            |               |               |                |               |   |   |  |
| Calcium, Ca <sup>1</sup>          | mg   | 17                  | 2           | --         | 44            | 3             | 5              | 29            | 29  | 29  | 29                                     |
| Iron, Fe <sup>1</sup>             | mg   | 0.35                | 2           | --         | 0.90          | 0.06          | 0.10           | 0.60          | 0.60                                      | 0.60  | 0.60                                   |
| Magnesium, Mg <sup>1</sup>        | mg   | 10                  | 2           | --         | 26            | 2             | 3              | 17            | 17  | 17  | 17                                     |
| Phosphorus, P <sup>1</sup>        | mg   | 33                  | 2           | --         | 84            | 5             | 9              | 56            | 56  | 56  | 56                                     |
| Potassium, K <sup>1</sup>         | mg   | 145                 | 2           | --         | 371           | 23            | 41             | 246           | 246                                       | 246   | 246                                    |
| Sodium, Na <sup>1</sup>           | mg   | 31                  | --          | --         | 79            | 5             | 9              | 53            | 53  | 53  | 53                                     |
| Zinc, Zn <sup>1</sup>             | mg   | 0.38                | 2           | --         | 0.97          | 0.06          | 0.11           | 0.65          | 0.65                                      | 0.65  | 0.65                                   |



| Nutrient                               | Unit | 1 Value<br>Per100 g | Data points | Std. Error | 1 cup<br>256g | 1 tbsp<br>16g | 1 oz<br>28.35g | 1 jar<br>170g | 1 jar Beech-Nut<br>Stage 3 (6 oz)<br>170g | 1 jar Gerber<br>Third Foods (6<br>oz)<br>170g | 1 jar Heinz<br>Junior-3 (6 oz)<br>170g |
|--|------|---------------------|-------------|------------|---------------|---------------|----------------|---------------|---|---|--|
| Vitamin D (D2 + D3)                    | µg   | 0.0                 | --          | --         | 0.0           | 0.0           | 0.0            | 0.0           | 0.0                                       | 0.0   | 0.0                                    |
| Vitamin D <sup>1</sup>                 | IU   | 1                   | --          | --         | 3             | 0             | 0              | 2             | 2   | 2   | 2                                      |
| Vitamin K (phylloquinone) <sup>1</sup> | µg   | 5.2                 | 2           | --         | 13.3          | 0.8           | 1.5            | 8.8           | 8.8                                       | 8.8   | 8.8                                    |
| <b>Lipids</b>                          |      |                     |             |            |               |               |                |               |   |   |  |
| Fatty acids, total saturated           | g    | 1.367               | --          | --         | 3.500         | 0.219         | 0.388          | 2.324         | 2.324                                     | 2.324   | 2.324                                  |
| 4:0                                    | g    | 0.000               | --          | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 6:0                                    | g    | 0.000               | --          | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 8:0 <sup>1</sup>                       | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 10:0 <sup>1</sup>                      | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 12:0 <sup>1</sup>                      | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 14:0 <sup>1</sup>                      | g    | 0.070               | 1           | --         | 0.179         | 0.011         | 0.020          | 0.119         | 0.119                                     | 0.119   | 0.119                                  |
| 15:0 <sup>1</sup>                      | g    | 0.010               | 1           | --         | 0.026         | 0.002         | 0.003          | 0.017         | 0.017                                     | 0.017   | 0.017                                  |
| 16:0 <sup>1</sup>                      | g    | 0.470               | 1           | --         | 1.203         | 0.075         | 0.133          | 0.799         | 0.799                                     | 0.799   | 0.799                                  |
| 17:0 <sup>1</sup>                      | g    | 0.020               | 1           | --         | 0.051         | 0.003         | 0.006          | 0.034         | 0.034                                     | 0.034   | 0.034                                  |
| 18:0 <sup>1</sup>                      | g    | 0.300               | 1           | --         | 0.768         | 0.048         | 0.085          | 0.510         | 0.510                                     | 0.510   | 0.510                                  |
| 20:0 <sup>1</sup>                      | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 22:0 <sup>1</sup>                      | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 24:0 <sup>1</sup>                      | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| Fatty acids, total monounsaturated     | g    | 1.289               | --          | --         | 3.300         | 0.206         | 0.365          | 2.191         | 2.191                                     | 2.191   | 2.191                                  |
| 14:1 <sup>1</sup>                      | g    | 0.020               | 1           | --         | 0.051         | 0.003         | 0.006          | 0.034         | 0.034                                     | 0.034   | 0.034                                  |
| 15:1 <sup>1</sup>                      | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 16:1 undifferentiated <sup>1</sup>     | g    | 0.070               | 1           | --         | 0.179         | 0.011         | 0.020          | 0.119         | 0.119                                     | 0.119   | 0.119                                  |
| 17:1 <sup>1</sup>                      | g    | 0.020               | 1           | --         | 0.051         | 0.003         | 0.006          | 0.034         | 0.034                                     | 0.034   | 0.034                                  |
| 18:1 undifferentiated <sup>1</sup>     | g    | 0.710               | 1           | --         | 1.818         | 0.114         | 0.201          | 1.207         | 1.207                                     | 1.207   | 1.207                                  |
| 20:1 <sup>1</sup>                      | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 22:1 undifferentiated <sup>1</sup>     | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 24:1 c <sup>1</sup>                    | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| Fatty acids, total polyunsaturated     | g    | 0.298               | --          | --         | 0.763         | 0.048         | 0.084          | 0.507         | 0.507                                     | 0.507   | 0.507                                  |
| 18:2 undifferentiated <sup>1</sup>     | g    | 0.140               | 1           | --         | 0.358         | 0.022         | 0.040          | 0.238         | 0.238                                     | 0.238   | 0.238                                  |
| 18:3 undifferentiated <sup>1</sup>     | g    | 0.030               | 1           | --         | 0.077         | 0.005         | 0.009          | 0.051         | 0.051                                     | 0.051   | 0.051                                  |
| 18:4 <sup>1</sup>                      | g    | 0.020               | 1           | --         | 0.051         | 0.003         | 0.006          | 0.034         | 0.034                                     | 0.034   | 0.034                                  |

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|------------------------------------|------|---------------------|-------------|------------|---------------|---------------|----------------|---------------|---|---|--|
| 20:2 n-6 c,c <sup>1</sup>          | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 20:3 undifferentiated <sup>1</sup> | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 20:4 undifferentiated <sup>1</sup> | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 20:5 n-3 (EPA) <sup>1</sup>        | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 21:5 <sup>1</sup>                  | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 22:4 <sup>1</sup>                  | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 22:5 n-3 (DPA) <sup>1</sup>        | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| 22:6 n-3 (DHA) <sup>1</sup>        | g    | 0.000               | 1           | --         | 0.000         | 0.000         | 0.000          | 0.000         | 0.000                                     | 0.000   | 0.000                                  |
| Cholesterol <sup>1</sup>           | mg   | 7                   | 2           | --         | 18            | 1             | 2              | 12            | 12  | 12  | 12                                     |
| Phytosterols                       | mg   | 0                   | --          | --         | 0             | 0             | 0              | 0             | 0   | 0   | 0                                      |
| <b>Amino Acids</b>                 |      |                     |             |            |               |               |                |               |   |   |  |
| Tryptophan                         | g    | 0.020               | --          | --         | 0.051         | 0.003         | 0.006          | 0.034         | 0.034                                     | 0.034   | 0.034                                  |
| Threonine                          | g    | 0.089               | --          | --         | 0.228         | 0.014         | 0.025          | 0.151         | 0.151                                     | 0.151   | 0.151                                  |
| Isoleucine                         | g    | 0.099               | --          | --         | 0.253         | 0.016         | 0.028          | 0.168         | 0.168                                     | 0.168   | 0.168                                  |
| Leucine                            | g    | 0.170               | --          | --         | 0.435         | 0.027         | 0.048          | 0.289         | 0.289                                     | 0.289   | 0.289                                  |
| Lysine                             | g    | 0.164               | --          | --         | 0.420         | 0.026         | 0.046          | 0.279         | 0.279                                     | 0.279   | 0.279                                  |
| Methionine                         | g    | 0.052               | --          | --         | 0.133         | 0.008         | 0.015          | 0.088         | 0.088                                     | 0.088   | 0.088                                  |
| Cystine                            | g    | 0.030               | --          | --         | 0.077         | 0.005         | 0.009          | 0.051         | 0.051                                     | 0.051   | 0.051                                  |
| Phenylalanine                      | g    | 0.097               | --          | --         | 0.248         | 0.016         | 0.027          | 0.165         | 0.165                                     | 0.165   | 0.165                                  |
| Tyrosine                           | g    | 0.078               | --          | --         | 0.200         | 0.012         | 0.022          | 0.133         | 0.133                                     | 0.133   | 0.133                                  |
| Valine                             | g    | 0.115               | --          | --         | 0.294         | 0.018         | 0.033          | 0.196         | 0.196                                     | 0.196   | 0.196                                  |
| Arginine                           | g    | 0.144               | --          | --         | 0.369         | 0.023         | 0.041          | 0.245         | 0.245                                     | 0.245   | 0.245                                  |
| Histidine                          | g    | 0.066               | --          | --         | 0.169         | 0.011         | 0.019          | 0.112         | 0.112                                     | 0.112   | 0.112                                  |
| Alanine                            | g    | 0.133               | --          | --         | 0.340         | 0.021         | 0.038          | 0.226         | 0.226                                     | 0.226   | 0.226                                  |
| Aspartic acid                      | g    | 0.277               | --          | --         | 0.709         | 0.044         | 0.079          | 0.471         | 0.471                                     | 0.471   | 0.471                                  |
| Glutamic acid                      | g    | 0.442               | --          | --         | 1.132         | 0.071         | 0.125          | 0.751         | 0.751                                     | 0.751   | 0.751                                  |
| Glycine                            | g    | 0.119               | --          | --         | 0.305         | 0.019         | 0.034          | 0.202         | 0.202                                     | 0.202   | 0.202                                  |
| Proline                            | g    | 0.102               | --          | --         | 0.261         | 0.016         | 0.029          | 0.173         | 0.173                                     | 0.173   | 0.173                                  |
| Serine                             | g    | 0.095               | --          | --         | 0.243         | 0.015         | 0.027          | 0.161         | 0.161                                     | 0.161   | 0.161                                  |
| Hydroxyproline                     | g    | 0.016               | --          | --         | 0.041         | 0.003         | 0.005          | 0.027         | 0.027                                     | 0.027   | 0.027                                  |
| <b>Other</b>                       |      |                     |             |            |               |               |                |               |   |   |  |
| Alcohol, ethyl                     | g    | 0.0                 | --          | --         | 0.0           | 0.0           | 0.0            | 0.0           | 0.0                                       | 0.0   | 0.0                                    |
| Caffeine                           | mg   | 0                   | --          | --         | 0             | 0             | 0              | 0             | 0   | 0   | 0                                      |

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|-------------|------|---------------------|-------------|------------|---------------|---------------|----------------|---------------|---|---|--|
| Theobromine | mg   | 0                   | --          | --         | 0             | 0             | 0              | 0             | 0   | 0   | 0                                      |

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD

<sup>2</sup>Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa

Footnotes

<sup>a</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.

<sup>b</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.